



A MINUTE OF HEALTH WITH CDC

Keep Baby's Heart Healthy

Congenital Heart Defects Awareness Week — February 7-14, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Congenital heart defects, or CHDs, are the most common type of birth defect in the U.S., affecting more than two million Americans. Although some heart defects are genetic, the cause of most is unknown. If a mother smokes, has poorly controlled diabetes before pregnancy, takes certain medications, or is exposed to pesticides at work, her baby might be at higher risk for certain congenital heart defects. However, a healthy diet during pregnancy might *decrease* the risk that a baby is born with a CHD. If you're pregnant or thinking about having a baby, ask your health care provider about ways to *increase* your chances of having a healthy baby.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.